What is claimed is:

- 1. A shoe, having an outsole (1) and an upper part (22) connected thereto, the outsole (1) having a contraction (5) in the area between the forefoot (2) and the back of the foot (3), the outsole (1) in the area of the contraction (5) having a connecting area (4) which has a flexibility such that a torsion of the forefoot with respect to the back of the foot is impeded as little as possible, and, in the area (10) of the forefoot (2), the outsole (1) being provided with great flexibility in response to the heel-to-toe motion of the foot, as a result of an appropriate profiling (9), wherein the contraction (5) of the outsole is extended into the area of the back of the foot and, in the upper part (22), a heelplate or a flexible heel brace (21) is provided for a heel guide, which is arranged in the heel area, while keeping the Achilles tendon free.
- 2. The shoe as recited in Claim 1 wherein the shoe is configured as a shoe for small children.
- 3. The shoe as recited in Claim 1 or 2, wherein the profiling has parallel or ray-shaped grooves (10), which extend at least partially over the width of the shoe.
- 4. The shoe as recited in Claim 3, wherein the grooves extend over the entire width of the shoe.
- 5. The shoe as recited in one of claims 1 through 4, wherein the profiling is made up of at least two materials having different elasticities.
- 6. The shoe as recited in one of Claims 1 through 5, wherein the contraction (5) of the outsole is arranged on the inner side (6) of the shoe.

- 7. The shoe as recited in one of Claims 1 through 6, wherein the contraction (5) of the outsole is also optionally arranged on the outer side (9) of the shoe.
- 8. The shoe as recited in one of Claims 1 through 7, wherein the contraction (5) is extended into the area of the back of the foot.
- 9. The shoe as recited in one of Claims 1 through 8, wherein the thickness of the outsole (1) is reduced to the thickness required by the conditions for manufacturing.
- 10. The children's shoe as recited in one of Claims 1 through 9, wherein the outsole (1) is provided with a heel (8) in the area of the back of the foot (2).

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